

Sequencing a Level 2 or a Level 2-3 Class

- Intentions Established/Dharma Talk
- Breath Established
- Puttering/Warm-Ups
- Salutations
- External Standing Postures – safely heat and open the body
- Internal Standing Postures – more difficult
- Standint Twist/Revolved Postures
- Balance Postures
- Come to the floor
 - Abdominal Work
 - Inversions Head, Hand Forearm Stand
 - Deep Seated Twists
 - Back Bends
 - Light Seated Twists
 - Inversions Shoulder Stand
 - Forward Folds and Hip Openers
 - Meditation
 - Final Relaxation]